<u>ABSTRACT</u>

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Transpiring and cushioning shoe having a sole comprising an insole through which holes pass, a tread and an elastic intermediate structure having in it a plurality of small chambers placed side by side each communicating, by means of a one-way suction valve through the holes in the insole, with the inside of the shoe, and by means of an expulsion valve in the tread, with the outside so that with every step taken, due to alternating pressure of the shoe on the ground, air contained in the chambers automatically flows outside and is replaced, in said chambers, by air from inside the shoe containing perspiration and heat.

Ref. Figure 3.